

# Flaget Senior Center

4425 Greenwood Ave 40211 • 502/574-2831 • metro-parks.org

## SPRING 2014

### PROGRAMS

#### Chickasaw Neighborhood Association Monthly Meeting

Third Thursday, 6:30 p.m.  
**FREE**

#### Westover Neighborhood Association Monthly Meeting

First Tuesday, 6 p.m.  
**FREE**

#### Silver Sneakers

Tuesday & Thursday, 10 a.m.  
Ages 60 and older  
**Fee: \$10/month**  
**FREE for Healthways members**

#### Arthritis Exercise and Education Class

Monday & Wednesday, 10 a.m.  
Ages 60 and older  
**FREE**

#### Chess Club

Tuesday, 1-3 p.m.  
Ages 60 and older  
**FREE**

#### Weight Room

Monday-Friday, 9 a.m.-Noon  
Ages 60 and older  
**Fee: \$10/month**

#### Field Trips on Fridays

Call for times  
Ages 60 and older  
**Fee: Varies depending on trip**

#### Red Hat Society

First Monday of the month  
Ages 60 and older  
**FREE**



#### CENTER HOURS

Mon-Fri: 8:30 a.m.-5 p.m.

#### CENTER STAFF

Manager: Bobby Merideth • Jon Pilbean

#### CENTER AMENITIES

Exercise Room • Rental Space •  
Walking Track • Weight Room



**METRO PARKS  
AND RECREATION**